

## Carb. Ct. UMS May 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese pizza 32g Choice: Soft Shell Beef/cheese Taco 25 Refried Beans 18g Corn 13g Banana 18g  <i>Pancakes 39g &amp; Fruit/Juice</i>	2 Breakfast for Lunch French toast 37g w/sausage 3g Choice: Chicken fillet on bun 32g Triangle Hashbrown Potato 31g Grape Juice 18g  <i>Egg wrap 14g &amp; Fruit/Juice</i>	3 Shrimp poppers 21g w/1cheese stuffed breadstick 15g Choice: Cheese stuffed Breadstick 30 Cooked carrots 6g Apple slices 11.5g  <i>Yogurt Parfait 43g &amp; Fruit/Juice</i>
6 Italian Grill Chicken Patty on bun 33g Choice: Hamburger patty on bun 33g Broccoli, cauliflower, carrot w/cheese 5.4g Peaches 14g  <i>Egg patty/cheese on biscuit 27g &amp; fruit/juice</i>	7 Pork Chop patty 11g Choice: Popcorn Chicken 15g Mashed Potato 15g w/gravy 3g Rosy Applesauce 18.75g Tea roll 20g  <i>Breakfast bar 8g, toast 16g, &amp; fruit/juice</i>	8 Beef & Bean Nacho's 35g Choice: Soft Shell Beef/cheese Taco 25 Corn 13g Pineapple 14g  <i>French toast 37g &amp; Fruit/Juice</i>	9 Pork Rib on Bun 37g Choice: Chicken fillet on bun 32g Baked Beans 35.99g Crosstrax Sweet Potatoes 33g Fresh oranges slices 12g <i>Egg Omelet 1g, toast 16g, &amp; Fruit/Juice</i>	10 Pizza Crunchers 41g Choice: Cheese stuffed Breadstick 30 Mixed veggies 12g Blueberries 10g  <i>Mini Cinnis 39g &amp; Fruit/Juice</i>
13 Meatball w/Moz.cheese sub 43g Choice: Hamburger on bun 33g Sweet Potato Fries 23g Pears 14g  <i>Mini Chicken sandwich 25g &amp; fruit/juice</i>	14 Sweet Thai Chili Chicken on rice 45g Choice: Chicken nuggets 16g Garlic Broccoli 5.4g Mandarin oranges 23g Egg Roll 20g  <i>Breakfast bar 8g, toast 16g, &amp; fruit/juice</i>	15 Senior's Choice (Last Day!) Crispito (2ct) 46g Choice: Soft Shell Beef/cheese Taco 25 Cheesy Potatoes 39g Strawberries & banana 27g Chocolate Pie 35?  <i>Pancakes 39g &amp; Fruit/Juice</i>	16 Hot Dog on bun 33g Choice: Chicken fillet on bun 32g Baked Beans 35.99g Potato tots 16g Grapes 12g  <i>Breakfast pizza 25g &amp; Fruit/Juice</i>	17 Deli turkey, ham, & cheese on bun 33g Choice: Cheese filled breadstick 30 Baked potato chips 26 Corn 13g Applesauce cup 15g  <i>Blueberry muffin 30g/string cheese &amp; Fruit/Juice</i>
20 Corndog 30g Choice: Hamburger on bun 33g Broccoli w/cheese 12g Pears 14g  <i>Sausage/pancake stick 19g &amp; Fruit/Juice</i>	21 Salisbury Steak 3g w/tea roll 20g Choice: Popcorn Chicken 15g Mashed Potatoes 15g w/gravy 3g Rosy Applesauce 18.75g  <i>Breakfast bar 8g, toast 16g, Fruit/Juice</i>	22 Pepperoni Pizza 35g Choice: Soft Shell Beef/cheese Taco 25 Coleslaw 4.5(1/4 c) Corn 13g Pineapple 14g  <i>French toast 37g &amp; Fruit/Juice</i>	23 Cheeseburger on bun 34g Choice: Chicken Fillet on bun 32g Baked Beans 35.99g Green beans 4g Mandarin Oranges 23g  <i>Egg wrap 14g &amp; Fruit/Juice</i>	24 2:15 Dismissal Lasagna roll up 29g w/garlic breadstick 15g Choice: Cheese filled breadstick 30g Cooked carrots 6g Mixed fruit 19g  <i>WG Donut 41g &amp; fruit/juice</i>
27 NO SCHOOL	28 Cook's Choice	29 Cook's Choice	30 Cook's Choice	31 Cook's Choice
June 3 Cook's Choice	June 4 Cook's Choice	June 5 Last Day!  <i>Breakfast only Cook's Choice</i>		

Menu is subject to change.  
Lunch is in plain type. Breakfast is in *italic*.  
Milk served with all meals  
Cereal w/toast, fruit, & milk is offered at breakfast daily.

UMS has alternate deli meat, cheese, & grain offered at lunch.  
UHS has alternate hamburger on bun or yogurt parfait offered at lunch.  
All buildings Veg/Fruit bar offered at lunch daily-lettuce, tomato, carrots, a 2<sup>nd</sup> fruit & fresh vegetable.  
USDA is an equal opportunity provider and employer